

SMILE UPDATE

Member - American Dental Association
Member - American Academy of Cosmetic Dentistry

Albert Internoscia, DMD, MAGD

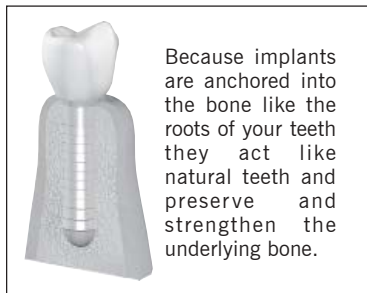
Master - Academy of General Dentistry
Award Recipient - NJ Society of Dentistry for Children

Summer 2005

Don't Hide Your Smile!

Dental implants can restore your confidence

Anyone who has ever suffered from tooth loss can tell you about the embarrassment of constantly hiding their smile and about the social awkwardness that accompanies difficulty in speaking



Because implants are anchored into the bone like the roots of your teeth they act like natural teeth and preserve and strengthen the underlying bone.

and chewing. Dental implants could be the answer. A dental implant is an artificial root to which an artificial tooth is attached. An implant can replace one or more teeth or permanently support a bridge or denture.

Here are some of the proven benefits of dental implants.

Improved Appearance: Dental implants look and feel just like your own teeth, so no one will know unless you tell them.

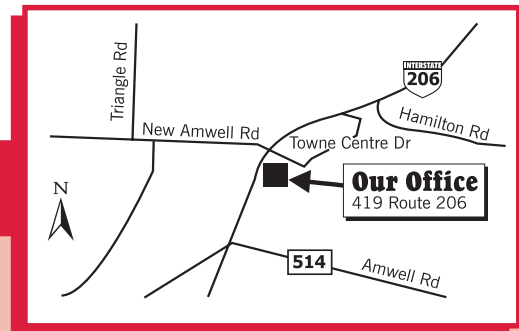
Improved Self-Confidence: An attractive, natural-looking appearance, plus the ability to speak and eat normally and comfortably will have you smiling again!

Improved Oral Health: Dental implants actually preserve bone

tissue, and the procedure is considered non-invasive because it does not affect the surrounding teeth.

Reliability: Dental implants have had a proven track record for more than 35 years, and are an excellent option for tooth replacement.

If you are in good general and oral health you may be an excellent candidate for dental implants – no matter what your age!



Office Information

FREE

Dental Implant Consultation!

Web site www.familydental.com

Towne Centre Family Dental and The SmileMakeover Studio

Albert Internoscia, DMD, MAGD
Lauren Psillos, DMD
Dawn DiGrazia, DMD
Steve Tabori, DMD
419 Route 206
Hillsborough, NJ 08844-5094

Office Hours

Monday 8:30 am – 12:30 pm
Tue/Thu 8:30 am – 8:30 pm
Wed/Fri 8:30 am – 5:00 pm
Saturday 8:30 am – 2:00 pm

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- ❖ Wheelchair accessible



Now Read This!

New periodontal science could save your life

Some things we can't say often enough. Your oral health can affect and be affected by your overall health. How? Let's start at the beginning.

Biofilm: Plaque, the soft thin film you feel on your teeth is a *biofilm*. That's important. Scientists once thought plaque was a collection of separate, identifiable types of bacteria. Instead, it's an ecosystem. Plaque contains varied, interdependent bacterial environments and communication systems. Multiple resistances to antibiotics and antimicrobials, and your body's immune system add to the treatment challenges. *This is why you need to brush plaque away.*

Inflammation: When soft plaque builds up it hardens into tartar or calculus which causes gum inflammation. Calculus also breaks the natural seal that your gums provide against the migration of oral bacteria into your bloodstream, much like an infected splinter under the skin. *Regular flossing can prevent calculus from building up between your teeth and below the gumline.*

The Mouth/Body Connection: It could be that an infection like gum disease releases toxins into your bloodstream. Or it could keep your immune system chronically engaged. Or it could send the wrong signals to the wrong cells. *Gum disease has been definitely linked to systemic and inflammatory diseases including cardiovascular diseases, osteoarthritis, diabetes, oral cancer, lung disease, and Alzheimer's disease.*

There's another thing we can't say often enough. We know the best defense against gum disease... *Brush at least twice a day, floss once a day, and keep your regular dental appointments.*

FACTOID

Researchers at Tufts' Bioengineering Center have solved the centuries-old riddle: how do spiders and silkworms use a watery solution to create nature's strongest fiber? The finding is expected to lead to high-strength, high-performance biomaterials for use in tissue engineering and organ repair. Great news for dentistry – a strand of spider web is stronger than steel and more elastic than rubber!

Arm Yourself! Brush ... Floss ... And Dine!

Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow? Maintenance is no small thing. You already know about bacteria and the importance of regular care. Don't underestimate the importance of nutrition.

Adequate nutrition is essential to maintain your body's immune response and to keep intact the protective barrier provided by gum tissue. These cells regenerate every 3-7 days, so diet deficiencies can show up quickly through inflammation and bleeding.

Collagen, the main protein of connective tissue, is the main component of the periodontal ligament. It is also responsible for skin elasticity. Research suggests that even short-term fasting can reduce collagen production by 40%.

A balanced diet is indispensable to your oral health.

Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow?



Scientists are looking at many strategies to control oral biofilm.

These include:

- Control of nutrients
- Control of the pH balance
- Control of oxygenating agents
- Control of genetic ability to self-defend
- Interference with communication systems

Things you can do:

- Brush twice daily (at least)
- Floss once daily
- Visit us regularly
- Maintain adequate nutrition
- Avoid stress, tobacco, and teeth grinding or clenching

Perio Primer

Defend yourself against gum diseases

The term *periodontal disease* is something of a misnomer. It actually encompasses *several* diseases of the periodontium.

What makes up the periodontium?

- **Gum (gingiva):** a protective barrier that keeps out harmful bacteria. Healthy gums are pink, firm, and securely attached.
- **Sulcus:** the crevice between the gum and the tooth.
- **Cementum:** the surface of the root.
- **Connective tissue and ligaments:** attach gums to teeth and bone.
- **Bone:** support for teeth and connective tissues.

How do periodontal diseases start?

Oral bacteria build up, especially around the **sulcus** to form a soft biofilm called plaque that can harden into cement-like tartar or calculus. Calculus damages the **gingiva** and causes inflammation which can progress.

What are the two most common periodontal diseases?

GINGIVITIS is inflammation that affect the gums. The chronic form affects about 90% of the population and is characterized by tender, red, swollen gums that bleed easily and can cause bad breath. Early treatment is effective, and without it, gingivitis can worsen.

PERIODONTITIS shares the same symptoms as gingivitis but damages the **bone** and **connective tissue**, leading to tooth loss. It can expose the **cementum**. Chronic periodontitis is most common. Other forms tend to be age-, hormone-, or disease-related. Some may progress unusually quickly.

What about treatment?

Prevention through proper oral hygiene habits at home and regular dental visits is best. In addition, we have many effective interventions to treat periodontal diseases should they develop.

RSVP

Ask us about oral cancer

Smoking and drinking alcohol are the leading causes of oral cancers. Now there's a new kind of cocktail to die for. Tobacco smoke combined with your own saliva has been called a recipe for cancer of the lip, mouth, tongue, gums, larynx, and pharynx.

Healthy saliva contains antioxidants which afford some protection against cancer. Once exposed to cigarette smoke, saliva loses the antioxidant advantage. Not only that, it transforms itself from a harmless benefactor into a toxic predator that actually aids in the destruction of oral tissue.

Early symptoms are painless. Early detection works. You can fight oral cancer by quitting smoking, reducing alcohol consumption, conducting regular self-examinations, and keeping your regular dental appointments. We are trained to detect the signs and symptoms of oral cancer, and we'll be happy to answer your questions. No invitation required.

Go Cosmetic!

You can look younger and feel great!

One of the great benefits of good periodontal health is the way it lets you take advantage of cosmetic dentistry! Your teeth can be rejuvenated and gaps, chips, crowding, and the shape of your teeth can be corrected ... without surgery or braces.

Like pink, healthy gums, cosmetic dental procedures like **teeth whitening** can help you to look younger. **Veneers** and **bonding** can restore a youthful appearance by filling out fine liplines and by concealing tooth discoloration and gaps. **Tooth-colored fillings** of composite or porcelain look like natural teeth enamel, and **crowns, bridges, and dental implants** can restore even a seriously damaged smile! A subtle change like **gum recontouring** can dramatically improve the balance of your smile ... your face ... and your outlook.

Enjoy your oral health. *Go cosmetic!*

Before
& After



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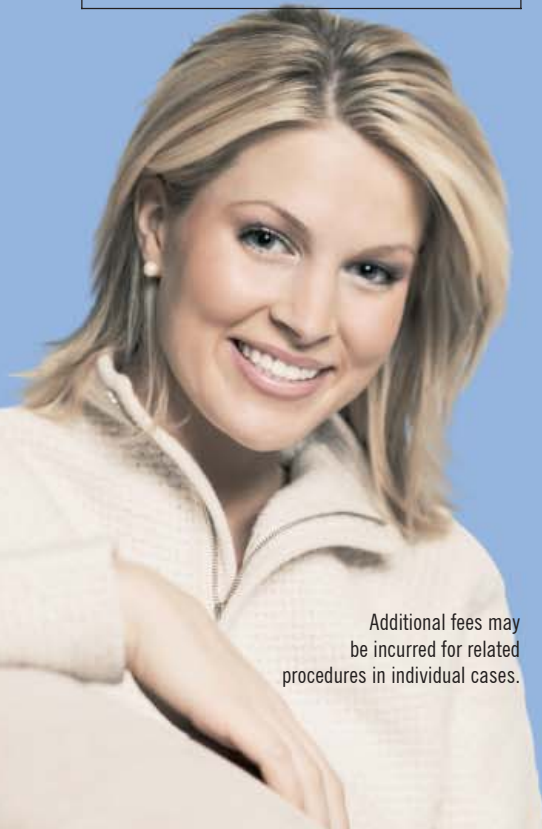
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2. Special guest tour of the office.
3. Intra-oral camera exam (see your teeth on TV if you want).
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Additional fees may
be incurred for related
procedures in individual cases.

INS-U5D4 ND05-6

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To Your Good Health,

Albert Internoscia, DMD, MAGD

Master – Academy of General Dentistry

Member – American Dental Association

Member – American Academy of Cosmetic Dentistry

P.S. If you'd like to visit our office – or if you have a dental problem or concern – please schedule a FREE introductory consultation. We'll be happy to answer any questions you have. No charge. No obligation. Simply call (908) 874-4555. Thank you.

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